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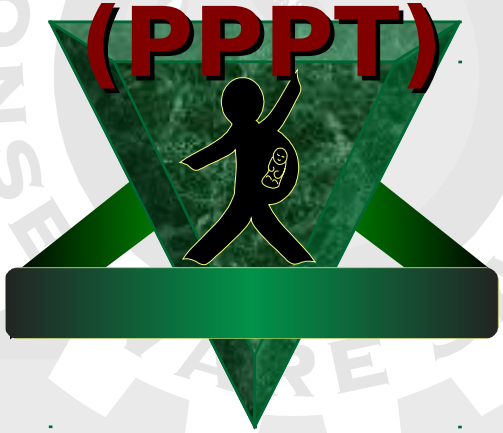
Army Pregnancy/Postpartum Physical Training Program (PPPT)



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373-5139

The Problem: Retention and Fitness

- 9% of the Female Soldier Population is Pregnant at any given time.
- 1.3% AD Force delivers a child annually
  - = 3 BDE (~6000 Soldiers)
- Pregnancy accounts for 20% of female soldier chapters.
- 266 hours of total man-power time can be lost for pregnancy and post-Partum related leave.
- $26,686 lost per soldier separated due to weight control regulation (TRADOC)

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Problem
Reduced Fitness and Retention

- **No PT guidance or standardization Army-wide**
  - Reduction in fitness levels
  - Increase in injuries/ illnesses
- **Current Army policies inadequate and fragmented**
  - AR 350-1, AR 40-501, AR 600-9, FM 21-20 require updates to strengthen the language
  - No training for leaders
  - Support for weight control issue varies
  - Educational element unsupported
- **Army Family Action Plan issue #532**
  - No installation PPPT programs to assist soldiers in getting in shape post pregnancy

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The Situation

- Personal responsibility for individual physical readiness
- Commander's responsibility for unit physical readiness
- Exercise supported by American College of Obstetrics and Gynecology and academic studies
- Mar 96 DA Policy Message recommended installation pregnancy PT programs
- AFAP Issue #532: "Need for Pregnancy Postpartum PT Programs"

HPPI Beta-Test Findings
Retention Impact

- **Unit surveys: Impact on Chapter 8**

Chapter 8 status	PPPT participant	NOT PPPT participant
YES	46 (**6.2**%)	26 (**36.6**%)
NO	697	45

- **So… …ts influenced NOT to Chapter 8.**

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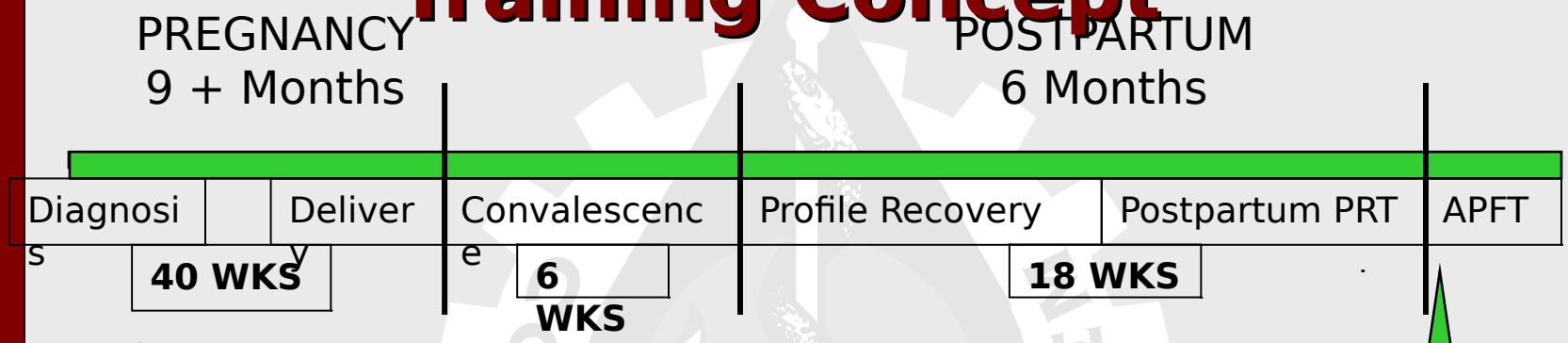
PPPT Program Overview

- Mandatory place of duty
- Commander's program
- MTF will provide medical expertise
- Personnel certified in pregnancy fitness
- PT conducted 3-4x per week during unit PT time
- A weekly educational class coordinated through the MTF
- At-Home Postpartum PT program during the 6-week convalescent leave
- Postpartum PT will be provided for up to six months following delivery

Pregnancy/Postpartum Physical Training Concept



Physical Training in Unit Pregnancy PT Program

Physical Training in At-Home Postpartum PT Program

Physical Training in Unit Postpartum PT Program

Regular unit PT activities begin at conclusion of 6-month recovery period as outlined in AR 350-41.

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Proposed Implementation Timeline

Nov 06	Needs Assessment Brief the TUCC on program outline Gain Senior Tactical CDR's approval
Nov 06	PAT established
Jan 07	OPORD issued Coordination
Jan/Feb 07	ELs training PPPT Starts
Mar 07	Program update to the TUCC

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Conclusion

- PPPT provides the resources and training necessary to allow the pregnant soldier to maintain her operational readiness through pregnancy and postpartum.

- Questions?